



HEALTH & WELLBEING TIMETABLE

April-June 22

open to ALL

Classes: £5.00

Better Balance: £6.00

MONDAY: Better Balance 10.30 – 11.15

TUESDAY: Seated Yoga 9.45 – 10.30 and 10.45 – 11.30

THURSDAY: Seated Kettlebells 10.30 -11.15

FRIDAY: Better Balance 10.30 -11.15 / Seated Pilates 13.30 – 14.15



SEACHANGE
HEALTH & HAPPINESS FOR ALL

Make the change. Seachange. Find out what's on and book
Call: 01395 446896 www.seachangedevon.org
Seachange, East Budleigh Road, Budleigh Salterton EX9 6HF